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A limited stock of back issues is available for \$5.49 per issue including shipping and handling, plus \$3.49 for each additional copy; contact *Shape* at (800) 340-8953. For more health and fitness information, check our Web site at www.shapeonline.com. For information on items published in our In *Shape* department, please write In *Shape* Index, 21100 Erwin St., Woodland Hills, CA 91367.

Department Key:

DIR = Do It Right
OO = One on One
Special sections indicated by *

Beauty

All About Ease (11 easy beauty tips)
Beat the Heat

(cooling beauty products)
*Beauty and the Beach (summer beauty tips and products)

Minor Miracles

(8 easy beauty resolutions)
The New Wave in Color (hair color)

Personality, Rottled
(personalized beauty products)

Pretty Feet (pedicures)
*17 Beauty Blockbusters

(top products)
The Three Faces of Fall

(seven products for three looks)
What Will Save Your Skin?

(skin science breakthroughs)
Beauty in Action

*Bare Essentials
(head-to-toe beauty secrets)

Beauty Bounty
(items that make life easier)

Blow it Out (blow-drying)
Dr. LookGood

(vanity dermatologist visits)
Glitter for Grownups (holiday makeup)

In the Clear (adult acne)
The Laser's Edge (laser hair removal)

The Power Shower
(hidden benefits of showering)

Scentsibility (floral fragrances)
So L.A.

(beauty secrets from Los Angeles)
Sun and Sensitivity (sun reactions)

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(upper-body cable workout)
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(adventure clothes)

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(designer sportswear)

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(women and alcohol)

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(why sleep is important to you)

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(importance of staying in touch with nature)

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cleans + softens



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C, E, & B5 for the healthiest
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